

# FOODS AND NUTRITION 1 ACTIVITIES

Course Code 5824

## A. NUTRITION

1. **Determine nutrient requirements across the life span.**
  - List six nutrients necessary for life.
  - Develop a game identifying food sources for various nutrients.
  - Develop a meal plan.
  - Create a menu that meets guidelines for a day.
  - Cut magazine pictures to show a nutrient dense meal.
  - Identify food sources for various nutrients.
  - Trace digestion and identify gastrointestinal problems and solutions.
  - Create a diary for a bulimic, anorexic, diabetic, person with hypertension, osteoporosis, or obesity. Identify the problems faced, symptoms, and road to victory to overcome the problems.
  - Develop a list of celebrities with special nutrition-related diseases.
2. **Develop a plan to meet personal and family nutrition and wellness needs throughout the life cycle.**
  - Chart nutritional differences between various ages.
  - Cut and paste examples of foods appropriate for different ages.
  - Shop and read labels when given specific age group assignments.
  - Walk with the class to burn one pound of Kcals.
  - Photosearch for kwashiorkor, spina bifida, marasmus, pellagra, beriberi, osteoporosis, anorexia nervosa, scurvy, rickets, and goiter.

## **FOODS AND NUTRITION 1 ACTIVITIES**

Course Code 5824

- 3. Apply USDA Dietary Guidelines in planning and preparing foods to meet nutrition and wellness needs.**
  - Measure amounts necessary for a serving size of various foods.
  - Develop a nutrient dense meal plan.
  - Create a days menu.
  - Compare foods for nutrient density (one handful of peanuts vs two bags of popcorn, chips and soda vs cereal with fruit, French fries vs. baked potato)
  - Chart and analyze eating quality and quantity for a week, noting time, place, social interaction, mood, and other influences.
  - List a variety of food examples for each of the food groups, identifying serving sizes.
  
- 4. Investigate nutrition in culturally diverse cuisines.**
  - Have a food fair in conjunction with social studies, and foreign language classes.
  - Invite guests (professional, family, friends) to demonstrate ethnic foods.
  - Have a class buffet exposing students to diverse cuisines.
  - Have students demonstrate preparation methods for various cuisines.
  
- 5. Select nutritious menus for special occasions and special needs.**
  - Contact registered dietitians for ideas.
  - Have registered dietitians visit the class and speak to students.
  - Prepare menus for a holiday with company and address special needs.
  - Help prepare meals for community festivities (service learning).
  
- 6. Analyze scenarios that incorporate the decision making process.**
  - Taste test the differences between stick and whipped butter, nutraceutical, tub, and liquid margarine.
  - Taste test the differences between sugar, fructose, aspartame, saccharine and other alternative sweeteners.
  - Test various cooking methods best for retaining nutrients (steam, boil, stir fry, baked, grilled, microwave)

# **FOODS AND NUTRITION 1 ACTIVITIES**

Course Code 5824

## **7. Integrate decision-making principles when making consumer choices.**

- Select between lists of foods for nutrient density.
- Food product investigation (food version of price is right – nutrient is right).
- List fifteen foods from a vending machine, fifteen from the cafeteria. Compare and select for nutrient density.
- Identify fast food restaurants. Create a nutrient dense menu from each establishment.
- Choose healthy foods from a restaurant menu.

# **FOODS AND NUTRITION 1 ACTIVITIES**

Course Code 5824

## **B. SAFETY AND SANITATION (SERVSAFE AND HAZARD ANALYSIS CRITICAL CONTROL POINT (HACCP)**

- 1. Evaluate conditions and practices that promote safe food handling.**
  - Describe techniques to promote safe food handling.
  - Discuss some experiences with unsafe and unsanitary practices.
- 2. Summarize information regarding food borne illnesses as a health issue for individuals and families.**
  - Discuss causes, symptoms, prevention and treatment of common food borne illnesses.
  - Create a visual display showing food borne illness, the causes, symptoms, prevention and treatment.
  - Use a microscope and slides to examine various micro organisms  
(Use a cotton swab to gather specimen from various places i.e. door knobs, clothing, garbage can, counter top, etc)
  - Research the micro organism to determine if it is harmful if eaten.
  - Collect newspaper, magazine or Internet articles regarding food borne illnesses.
- 3. Determine safety and sanitation procedures when receiving, preparing, storing, and serving food.**
  - Exhibit visual steps in applying principles for food processing.
  - Explain procedures in an actual or simulated setting.
- 4. Select appropriate procedures for administering basic first aid.**
  - Prepare a pamphlet listing simple first aide procedures for poisoning, cuts, burns, falls and electric shock.
- 5. Maintain a safe and sanitary working environment.**
  - Create a checklist for a safe and sanitary environment.
  - Conduct a safety and sanitation check of the kitchen.
- 6. Demonstrate essential personal hygiene practices.**
  - Prepare and display posters for hygiene practices and steps to take for prevention of cross contamination.
  - Create and role play various situations.

# **FOODS AND NUTRITION 1 ACTIVITIES**

Course Code 5824

## **C. KITCHEN WORK CENTERS**

### **1. Demonstrate the proper use of kitchen utensils and equipment to include proper safety and sanitation techniques.**

- Identify equipment.
- Practice proper use including safety and sanitation.
- Maintain equipment and appliances.

### **2. Design work centers for efficient use of time and motion.**

- Identify the work triangle.
- Sketch the work triangle for a home or school kitchen.
- Calculate dimensions of the sketched work triangle.
- Use a pedometer or count number of steps taken to determine the efficiency of a work triangle.
- Evaluate kitchen layouts for efficiency.
- Design an ideal kitchen for efficiency.

# **FOODS AND NUTRITION 1 ACTIVITIES**

Course Code 5824

## **D. MEAL PREPARATION**

### **1. Apply basic recipe skills.**

- Measure dry, solid, liquid ingredients
- Identify cooking terms and abbreviations, using the newspaper (Wednesday's)
- Identify the different types of recipes: narrative, descriptive, formative and standard
- Determine cookware, utensils, tools and equipment to be used with a recipe.
- Change the yield of a recipe.

### **2. Plan an efficient time-work schedule.**

- Use your recipe card to list items needed from the grocery store in order to prepare recipe.
- List the quantity needed for each item.
- Identify job titles and responsibilities.
- Determine estimated time-work schedule.
- Evaluate time-work schedule.
- 

### **3. Prepare foods from the USDA Basic Food Guide Groups using healthy cooking techniques.**

- Bake foods.
- Broil foods.
- Grill foods.
- Steam foods.
- Boil foods.

# **FOODS AND NUTRITION 1 ACTIVITIES**

Course Code 5824

## **E. TABLE SERVICE AND ETIQUETTE**

### **1. Demonstrate etiquette suitable for various occasions (written, verbal, and nonverbal).**

- Write and respond to invitations.
- Role play the proper introduction of guests.
- Make name tags for guests.
- Design the sitting arrangement.
- Discuss restaurant etiquette and gratuities.
- List general table etiquette guidelines.

### **2. Demonstrate various food presentation techniques.**

- Research various napkin folds on the Internet: rose, bishop, fan, crown.
- Fold napkins into various designs: rose, bishop, fan, crown.
- Develop a PowerPoint presentation on various food presentation techniques.
- Design a brochure to educate a peer on food presentation techniques.
- Prepare a meal and serve it properly, incorporating food presentation techniques.

### **3. Determine table service suitable for various functions.**

- When given a situation, determine the table service for any of the following functions: family service, buffet service, compromise service, Blue Plate service, English-style service, Continental service, Russian service, a wedding.
- Research one of the following functions and develop a PowerPoint presentation to the class: family service, buffet service, compromise service, Blue Plate service, English-style service, Continental service, Russian service, a wedding.

# **FOODS AND NUTRITION 1 ACTIVITIES**

Course Code 5824

## **F. CAREERS**

### **1. Evaluate occupations and preparation requirements for careers in nutrition and food service industries.**

- Complete an employment application.
- Develop a resume.
- Compile a portfolio.
- Interview classmates.
- Critique the interview.
- Invite various professionals to help with the interview process.
- Interview food service industry professionals.
- Create a technology based presentation to show at least 5 food service careers for each - entry, advanced, and professional level.
- Compare salaries, education requirements, and turnover rate for various food service careers— family style restaurant, fast food restaurants, school food service establishment, catering business, etc.

### **2. Explore the impact of food and nutrition occupations on local, state, national and global economies.**

- Report on the availability of foods and nutrition careers in the community, state, national and internationally.
- Research the labor market.